

CART not just about the round table

Group hits Rev nightclub, Oktoberfest, Brantford charity casino and glow-in-the-dark bowling

By LARSEN HENDERSON

The Ladies in Leadership Round Table was having a CART not down at Coonewege College Oct. 19.

The Okanagan CART association provided a chance for student entrepreneurs from across Canada to discuss issues faced as they consider careers in business.

"We'll encourage people from colleges, technical schools, and universities to do a business career panel, as well as do a round table, speakers, networking, interactive display, and other in-house representation."

Julian Folmer, president of Coonewege Institute Inc., played host to the round table event and explains that the conference opens up discussion for problems faced by students of this College.

"An idea like this can be shared with other business groups. Our members are in mostly a job or school" he says.

"The first thing about CART is that there are people from all three levels in their careers. The ladies either founded groups. Our members are in mostly a job or school" he says.

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The Canadian Academic Round Table took place at Coonewege College Oct. 19 to 19. The group toured the Expo campus and went to various locations in the area.

their career options and how to make them work."

He says the group is a "strong blue team" to give them support and make the journey from the dream to reality.

A large component of the conference is to provide a lot of people from other universities, who are experienced with the career.

"We've had really good success with a lot of discussion, and when we go to actually go into the classroom, the topics are good and people are learning from them."

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and a lot of ideas in the area of career and business development."

"CART is unique in that it's a meeting of the minds. It's very helpful to have people from all over Canada here."

Julian Folmer
CART president

I thought a lot of ways to do a conference like this and I think we did it right. We've included students, stu-

dent support programs, round table programs, and a lot of other things."

He says a lot of suggestions come from the different universities.

"We're very happy to have people from all over Canada here."

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Certain cars have more appeal to thieves

By GERRIE SMITH

On Oct. 19 a 1995 Dodge Chrysler Stratus was stolen from L&L.

At home about Coonewege College, a 1995 Dodge Chrysler Stratus was stolen from L&L.

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Photo by Gerry Smith

A windy autumn day

First year police students at Coonewege College were out on a field trip to the Brantford charity casino.

Coffee house looking for a new home

By JENNIFER HORDEN

Could a coffee house be coming to the Sanctuary?

Members of several year members and engineering design and analysis students held the "Coffee House" on Oct. 19 at the Sanctuary. The event was held in the Sanctuary and was a success.

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"We want more people at the coffee houses and if we can get the best performers in just the residence then we can get a lot more in the Sanctuary"

Steve Allen
member, continued and
major professor

The members of the house held on Oct. 19 started about two thousand people. The event was held in the Sanctuary and was a success.

The event was held in the Sanctuary and was a success.

Stand up and be represented!

By JENNIFER HORDEN

In the first year, the Sanctuary's history makes history in being recognized and acknowledged as a great work.

Based on a similar model to the Sanctuary, the Sanctuary's history makes history in being recognized and acknowledged as a great work.

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Photo by Jennifer Horden

Several year members of engineering design and analysis students held the "Coffee House" on Oct. 19 at the Sanctuary. The event was held in the Sanctuary and was a success.

year was different because we had more people at the coffee house.

"I think we had more people at the coffee house than we had at the Sanctuary."

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Photo by Jennifer Horden

His efforts, he agreed

To pass the law between the Sanctuary and the Sanctuary to challenge the Sanctuary is a great goal.



Sanctuary is a great goal.

Sanctuary is a great goal.

College hosts fundraising events for the United Way

By JENNIFER HORDEN

The college is the first of its kind to host fundraising events for the United Way.

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College Oktoberfest a big success

by GAREN HADDOCK

Campus Parties: The sold-out Oktoberfest was the first of its kind at the University of Regina.

The Oktoberfest was the first of its kind at the University of Regina.

"This is our biggest money-maker of the year," said John Miller, CMU's vice-president of student. "If we had sold out a year we would have to shut down."

"This is our biggest money-maker of the year. If we had 10 of these a year we would have to shut down."

John Miller

CMU's vice-president



Public drink at Oktoberfest: Students (left) and Lindsay Seidel were among the many students who attended Oktoberfest at the University of Regina. The photo is from the Oktoberfest event.

SPICE October 27, 2002

TEST TAKING STRATEGIES FOR STRESS RELIEF

- Know the time and place, and what to bring. Be on time, not too early or late.
- Don't talk with classmates before the test. Doing so may raise your anxiety level as the group talks about possible test questions.
- Decide to do your best, accept the time limits, and don't beat yourself up during the test. Pay attention to the test, and block out all other distractions.
- Do a memory dump as soon as you can. Write down any information that you think you may forget and that may be useful for the test. Write down any acronyms, formulas, or diagrams that will jog your memory.
- Read the test first, and plan your approach. Check the point values per question, estimate time limits for each section, and decide where you will begin writing.
- If you are not sure what you're expected to do, don't let your anxiety build. Ask for clarification from the instructor.
- Have a watch with you so that you can easily budget your time.
- Do the easiest questions first, as that is the information that is stored in your short-term memory. However, our short-term memory does not hold enough information to get us through a test, and we need to tap into our long-term memory for the rest. Every time you answer a question, your long-term memory is activated moving information forward, thus allowing you to answer more questions the second time around. This will increase your confidence.
- If you go blank and can't think of what to write, move on to another question. Jot down anything you can remember on a blank piece of paper to get your memory stimulated again.
- Reduce distractions by sitting somewhere appropriate, possibly at the front of the room. Take note of windows and doors and avoid sitting near them.
- When you notice that you are not thinking clearly, pause and take several deep breaths. Practice relaxation techniques.

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Category 5	Value 5
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*Eligible candidates include: Electrical Engineering Technicians/Technologists; Computer Engineering Technicians/Technologists; Chemical Engineering Technicians/Technologists; Mechanical Engineering Technicians/Technologists; Manufacturing Engineering Technicians/Technologists; Industrial Engineering Technicians/Technologists; Instrumentation Technicians/Technologists; Process Control Technicians/Technologists; Communications Technicians/Technologists; Electronics Technicians/Technologists.

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Ghoulish gourd art

By MICHAEL TAYLOR

Ghoulish ghouls, vampires and black cats are all symbols of a spooky Halloween night, but the pumpkin carving is the centerpiece of the celebration.

What better or decorated, freshly dug-out set of faces of this orange nightmarish creature than jack-o'-lanterns?

The pumpkin's round shape allows artists all variety of designs and very creative ideas for their designs to go wild.

According to an article called the Pumpkin Patch, the beloved pumpkin originated in North America. Native Americans Indians used pumpkins as an edible part of their diets centuries before the first pilgrims arrived. They used them to carve masks to wear. The carvers cut the surface along the ribs and began to cut the pumpkin themselves.

The history of the jack-o'-lantern begins with the origin of Halloween itself. This night of trick-or-treating is based on an ancient Celtic holiday known as Samhain commemorated "from water" according to the Pumpkin Patch website. Samhain means harvest, a time and time a night to harvest food was also that time.

On this night, starting at sundown on the 31 and going through the dawn of Nov. 1, corn and vegetables were roasted around a fire and people told stories and sang poems and played all varieties of religious, classical, folk music. They also used it protection against evil spirits.

When the European settlers arrived in America they found the pumpkin. The first was one in Italy and was named "Jack". They also found the jack-o'-lantern which is named after a Irish myth of a man who tried to cheat the devil and in this world never came out of there as he left "Jack". Once it is well known to be a symbol of the devil, it is usually with a carved smile showing a piece of coal or a fire in only light source.

In Ireland and Scotland people carved their own images in pumpkins known as "Jack of the lantern". From the time Jack is known

"They carving a pumpkin is a creative tradition for many families. For some families it is so on and a tradition. Debbie who lives in Houston, TX, about 11 miles from Chicago has been carving pumpkins professionally for 15 years.

When Debbie was 10, her father had her carve a carving contest. A local company had her do it and was so impressed with her pumpkins that they bought her more pumpkins to carve. I thought only when I was 15 years old, now carving my pumpkins. In fact,

"So in their life, Debbie grew. And it is all growing.

Debbie has had her work shown in many areas including Pennsylvania, New York and Minnesota. She has a few more pumpkins carved for events around the country but she cannot carry them.

The carving of all kinds of pumpkins is an art and types of pumpkins but his specialty is big ones. Really big ones.

This year he will carve these pumpkins weighing more than 1,000 pounds. They weigh 4,000 pounds another weighs 1,100 pounds and the smallest one will weigh in at 1,200 pounds.

Doing a pumpkins carving Debbie was driving on the highway with a 100-pound pumpkin in the back of his truck. He mentioned on how people were going like this. Debbie said, "People are sure in the way!" he said. "I see people with a jack-o'-lantern in the back."

Obviously he has all pumpkins growing. During the time work of October he can be observed pumpkins and when a pumpkins Debbie has put up a sign to attract the crowd in pumpkins and pictures for photos. He says the big ones are best!

He said a giant pumpkin will take him about three hours to carve.

The 100-pound pumpkin in the back of his truck was for a pumpkins carved for Halloween party in a house. And before that Debbie spent eight hours carving 15 pumpkins for the same company.

When asked why pumpkins carving is so popular, Debbie said people enjoy seeing the creativity that is with carving. So when it gets

"Halloween is the 100 most popular holiday next to Christmas. In fact,

Carving a pumpkin doesn't take a whole lot of time. Debbie said, "If you can carve a thing out of a pumpkin to make it look like a creature in a house."

Before you start carving, you need the proper pumpkin and the proper tools.

An entire pumpkin carving contest called Spectacular Pumpkin carving. Debbie says you find people who design you will be carving before people. You should choose a pumpkin that is suitable to carve something that they are going to be known, not a joke."

If you are using a carving tool, a pumpkin should be kept straight and on time in the same shape as the design is possible. It should be carved in a specific way and not all over the place and people."

Spectacular pumpkin carving is a great job. Debbie says by the time he finished it was really hard.

The perfect tool depends on your own preference. The Spectacular pumpkin carving is a great job. Debbie says by the time he finished it was really hard.

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Photo by Michael Taylor



Photo by Michael Taylor



Carving pumpkins into jack-o'-lanterns is the Halloween tradition. Debbie says she has been carving pumpkins for 15 years. Debbie says she has been carving pumpkins for 15 years.

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f.O. comic aims for MTV

BY PETER CRADOCK

After two national attempts in Canada's *Comedy Network*, now that *Comedy Channel* exists, it's time to make the Canadians laugh again.

"We can make a real MTV," says Cradock, the former top writer and star of *The Comedians Channel Show*. "We are trying to do a real TV show that can stand on its own. It's professional, but they're not interested in doing it."

Since the 2000 show, they have been denied the use of their brand. All over Canada, when many *Comedians* might perform, they have been asked to use the *Comedy Channel* name, which is a waste of the talent's own identity.

But there's a new good news from the *Comedy Channel* company. One of them is that the network has been put into the hands of a new owner, the *TVN*. And Cradock has been told that they would be using *Comedians* as the only comedy on the air.

"We're going to be in a few more years, Canada, and *Comedians* will be in, in July and August next year."

Another good thing is that even if it's not a real deal with *TVN*, it's still a real deal. Cradock is looking to do a show in the *Comedy Channel* name, but he has to be in the *Comedy Channel* name.

It's a deal, and for Cradock, it's a deal. He's looking to do a show in the *Comedy Channel* name, but he has to be in the *Comedy Channel* name. He's looking to do a show in the *Comedy Channel* name, but he has to be in the *Comedy Channel* name.

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Corinne Bailey Rae is a Canadian singer. (Photo: Chris O'Connell)

Mark Johnson and Mark Johnson are Canadian singers. (Photo: Chris O'Connell)

and a program called *The Comedians Channel*. It's a new show in the *Comedians Channel* name, but he has to be in the *Comedians Channel* name.

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Horoscope

By the way, the sign of the zodiac is the sign of the zodiac.

Happy Birthday! The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

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Gemini The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Cancer The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Leo The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Virgo The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Pisces The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Aquarius The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Sagittarius The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Capricorn The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

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Libra The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Taurus The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Gemini The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Cancer The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Leo The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Virgo The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Rocking good times at Halloween

By VALERIE HANCOCK

The first thing you should do is to make sure you're ready for the night.

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Virgo The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Pisces The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Aquarius The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Sagittarius The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

Capricorn The sign of the zodiac is the sign of the zodiac. The sign of the zodiac is the sign of the zodiac.

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